

# DR. KAROLINA KOŁODZIEJCZAK-KRUPP

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 <https://orcid.org/0000-0002-0310-1435>

## Research Associate (Postdoc)

MSB Medical School Berlin  
Department of Psychology  
Rüdesheimer Str. 50, 14197 Berlin, Germany

## EDUCATION

- 11/2022 **Humboldt-Universität zu Berlin, Germany**  
Dr. rer. nat. (equivalent to PhD) in **Psychology**  
Thesis: Facets and Correlates of Sexuality in Late Adulthood
- 07/2015 **Adam Mickiewicz University Poznan, Poland**  
Magister (equivalent to MSc) in **Psychology**  
Thesis: Determinants of Perceived Sexual Expression in Children at Age of 3
- 10/2013 – 07/2014 **Humboldt-Universität zu Berlin, Germany**  
Student (2 terms) in **Psychology**, funded by Erasmus Program

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## PROFESSIONAL EXPERIENCE

- since 06/2022 **MSB Medical School Berlin, Germany**  
Postdoctoral researcher in health psychology and behavioral medicine
- 09/2019 – 10/2019 **University of British Columbia, Vancouver, Canada**  
Visiting PhD student, funded by the German Academic Exchange Service (DAAD)
- 04/2017 – 04/2022 **Humboldt-Universität zu Berlin, Germany**  
Pre-doctoral researcher in developmental and educational psychology
- 03/2014 – 08/2014 **Institute of Sexology and Sexual Medicine, Charité – Universitätsmedizin Berlin, Germany**  
Research intern in sexology and sexual medicine
- 12/2013 – 08/2021 **Deutsche Gesellschaft für Geschlechtererziehung e.V. Bonn**  
(German Society for Sex Education, DGG e.V. Bonn)  
Consultant for psychology and psychological research

## PUBLICATIONS

- Luo, M., Weber, E., Pauly, T., **Kolodziejczak-Krupp, K.**, Gerstorf, D., Hoppmann, C. A., Ram, N., Hülür, G., & Röcke, C. (2026). Leisure activities and working memory in older age: The mediating roles of affect and cortisol. *Psychology and Aging*, 41(1), 36–50. <https://doi.org/10.1037/pag0000935> **IF: 3.34**
- Maas, J., Vinzelberg, S., **Kolodziejczak-Krupp, K.**, Wilhelm, L. O., & Fleig, L. (2026). Outpatient interdisciplinary multimodal pain therapy for chronic musculoskeletal pain: Examining patient-reported and performance-based correlates of treatment outcomes. *Health Psychology and Behavioral Medicine*, 14(1). <https://doi.org/10.1080/21642850.2026.2627698> **IF: 2.8**
- Kolodziejczak-Krupp, K.**, Wilhelm, L., Diering, L.-E., Zipper, V., Maas, J., Schäfer, T., Pumberger, M., Schmidt, H., Stein, C., & Fleig, L. (2025). Psychological risk factors and resources for low back pain intensity and back health in daily life: An ecological momentary assessment study. *Applied Psychology: Health and Well-Being*, 17(5), e70080. <https://doi.org/10.1111/aphw.70080> **IF: 3.6**
- Kolodziejczak-Krupp, K.**, Zipper, V., Wilhelm, L. O., Thiel, L., Stein, C., Schäfer, T., Pumberger, M., Schmidt, H., & Fleig, L. (2025). Physical activity and psychosocial characteristics of individuals with and without chronic low back pain in daily life: Protocol for the PRIA intensive longitudinal study. *BMJ Open*, 15(11), e109887. <https://doi.org/10.1136/bmjopen-2025-109887> **IF: 2.4**
- Buck, L., Doran, L., **Kolodziejczak-Krupp, K.**, Gander, F., Traut, A. C., Uhlich, M., Grob, A., Horstmann, K. T. (2025). Gender differences in personality traits and average personality states: Using experience sampling to circumvent bias in self-reports. *Social Psychology and Personality Science*. Advance online publication. <https://doi.org/10.1177/19485506251347722> **IF: 4.3**
- Yoneda, T., Lewis, N. A., Pauly, T., **Kolodziejczak-Krupp, K.**, Drewelies, J., Ram, N., Ashe, M. C., Madden, K. M., Gerstorf, D., Haase, C. M., & Hoppmann, C. A. (2025). *Better together*: Coexperienced positive emotions and cortisol secretion in the daily lives of older couples. *Journal of Personality and Social Psychology*, 129(6), 1240–1256. <https://doi.org/10.1037/pspp0000564> **IF: 6.4**
- Wilhelm, L. O., Knoll, N., Diering, L.-E., **Kolodziejczak-Krupp, K.**, Maas, J., Schmidt, H., & Fleig, L. (2025). Daily self-efficacy, planning and social support explain leisure-time physical activity in working adults: Evidence for the cultivation hypothesis from an ambulatory assessment study. *Health Psychology and Behavioral Medicine*, 13(1), 2576610. <https://doi.org/10.1080/21642850.2025.2576610> **IF: 2.2**
- Taheri, N., Becker, L., Fleig, L., **Kolodziejczak-Krupp, K.**, Cordes, L., Hoehl, B. U., Grittner, U., Mödl, L., Schmidt, H., & Pumberger, M. (2025). Fear-avoidance beliefs are associated with changes of back shape and function. *PAIN Reports*, 10(2), e1249. <https://doi.org/10.1097/PR9.0000000000001249> **IF: 3.4**
- Yoneda, T., Pauly, T., Ram, N., **Kolodziejczak-Krupp, K.**, Ashe, M., Madden, K., Drewelies, J., Gerstorf, D., & Hoppmann, C. A. (2024). "What's yours is mine": Partners' everyday emotional experiences and cortisol in older adult couples. *Psychoneuroendocrinology*, 167, 107118. <https://doi.org/10.1016/j.psyneuen.2024.107118> **IF: 4.69**
- Kijowska, M., **Kolodziejczak-Krupp, K.**, & Kroemeke, A. (2024, May 31). *Diversity Minimal Item Set for Poland*. Diversity Assessment Research Group. <https://gender.charite.de/en/measures/>
- Kolodziejczak, K.** (2022). *Facets and correlates of sexuality in late adulthood* [Doctoral dissertation, Humboldt-Universität zu Berlin]. edoc-Server. <https://doi.org/10.18452/25402>

- Lücke, A. J., Wrzus, C., Gerstorf, D., Kunzmann, U., Katzorreck, M., **Kolodziejczak, K.**, Ram, N., Hoppmann, C., Schilling, O. K. (2022). Good night – good day? Bidirectional links of daily sleep quality with negative affect and stress reactivity in old age. *Psychology and Aging*, 37(8), 876–890. <https://doi.org/10.1037/pag0000704> **IF: 3.34**
- Kolodziejczak, K.**, Drewelies, J., Pauly, T., Ram, N., Hoppmann, C., & Gerstorf, D. (2022). Physical intimacy in older couples' everyday lives: Its frequency and links with affect and salivary cortisol. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 77(8), 1416–1430. <https://doi.org/10.1093/geronb/gbac037> **IF: 4.8**
- Covered by Tagesspiegel, Berliner Morgenpost, Deutsches Ärzteblatt, and more
- Potter, S., Röcke, C., Gerstorf, D., Brose, A., **Kolodziejczak K.**, Hoppmann, C. A., Ram, N., & Drewelies, J. (2022). Partner pain and affect in the daily lives of older couples. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 77(7), 1197–1209. <https://doi.org/10.1093/geronb/gbab188> **IF: 4.8**
- Kolodziejczak, K.**, Drewelies, J., Deeg, D. J. H., Huismann, M., & Gerstorf, D. (2021). Perceived importance and enjoyment of sexuality in late midlife: Cohort differences in the Longitudinal Aging Study Amsterdam (LASA). *Sexuality Research and Social Policy*, 18(3), 621–635. <https://doi.org/10.1007/s13178-020-00486-2> **IF: 2.5**
- Pauly, T., Drewelies, J., **Kolodziejczak, K.**, Katzorreck, M., Lücke, A. J., Schilling, O. K., Kunzmann, U., Wahl, H. W., Ditzen, B., Ram, N., Gerstorf, D., & Hoppmann, C. A. (2021). Positive and negative affect are associated with salivary cortisol in everyday life, but less so with worse health: Findings from four aging studies. *Psychoneuroendocrinology*, 133, 105403. <https://doi.org/10.1016/j.psyneuen.2021.105403> **IF: 4.69**
- Pauly, T., **Kolodziejczak, K.**, Drewelies, J., Gerstorf, D., Ram, N., & Hoppmann, C. A. (2021). Political context is associated with everyday physiological synchrony in older couples. *Psychoneuroendocrinology*, 124, 105082. <https://doi.org/10.1016/j.psyneuen.2020.105082> **IF: 4.69**
- Kolodziejczak, K.**, Rosada, A., Drewelies, J., Düzel, S., Eibich, P., Tegeler, C., Wagner, G. G., Beier, K. M., Ram, N., Demuth, I., Steinhagen-Thiessen, E., & Gerstorf, D. (2019). Sexual activity, sexual thoughts, and intimacy among older adults: Links with physical health and psychosocial resources for successful aging. *Psychology and Aging*, 34(3), 389–404. <https://doi.org/10.1037/pag0000347> **IF: 3.34**
- Covered by rbb radioeins, Psychology Today, WELT, ZEIT online, Süddeutsche Zeitung, Westdeutscher Rundfunk Köln, MDR SACHSEN – Das Sachsenradio, and 100+ more
- Kolodziejczak, K.**, & Witkoś, M. (2014). Edukacja seksualna dzieci w okresie wczesnoszkolnym [Sexual education at early school age]. In A. I. Brzezińska, J. Matejczuk, P. Jankowski, & M. Rękosiewicz (Eds.), *6-latki w szkole: rozwój i wspomaganie rozwoju [Six-year-olds at school: Their development and development support]* (pp. 143–163). Wydawnictwo Fundacji Humaniora.
- Kolodziejczak, K.**, Wicher, K., & Witkoś, M. (2014). Rozwój psychoseksualny osób z niepełnosprawnością intelektualną [Psychosexual development of people with disabilities]. *Remedium*, 1(251), 25–27.

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## SYMPOSIUM CONTRIBUTIONS

- Buck, L., Doran, L., **Kolodziejczak-Krupp, K.**, Gander F., Traut, A. C., Uhlich, M., Grob, A., Horstmann, K. (2025, Sep.). Gender Differences in Personality Traits and Average Personality States: Using Experience Sampling to circumvent bias in self-reports. In K. Horstmann (Chair), *Personality in context: New insights into state assessment, gender differences, and personality change*. Symposium conducted at the Differentielle Psychologie, Persönlichkeitspsychologie und Psychologische Diagnostik (DPPD) 2025 Conference in Kassel, Germany.

- Kolodziejczak, K.**, Wilhelm, L. O., Reschke, A., Zipper, V., Thiel, L., Stein, C., Fleig, L. (2024, Sep.). Social support in the daily lives of individuals with chronic low back pain. In **P. Höhener & K. Kolodziejczak (Chairs)**, *The role of social relationships in health behaviors and health*. Symposium conducted at the European Health Psychology Society (EHPS) 2024 Conference, Cascais, Portugal.
- Röcke, C., Luo, M., Weber, E., Pauly, T., **Kolodziejczak, K.**, Gerstorf, D. Ram, N., Hoppmann, C. A., Hülür, G. (2024, Sep.). Leisure activity and working memory in older age: The mediating role of affective states and salivary cortisol. In A. Rauers & O. Klimecki (Chairs). *Lifespan perspectives on emotional experiences*. Symposium conducted at the Deutsche Gesellschaft für Psychologie (DGPs) 2024 Congress, Vienna, Austria.
- Kolodziejczak, K.**, Wilhelm, L. O., Reschke, A., Zipper, V., Thiel, L., Stein, C., Fleig, L. (2024, June). How “social” is low back pain? Perceived and received social support in individuals with chronic low back pain. In **K. Kolodziejczak & C. Wrzus (Chairs)**, *Social interactions and the individual development and health in adulthood*. Symposium conducted at the Society for Ambulatory Assessment (SAA) 2024 Conference, Ann Arbor, MI.
- Lewis, N., Yoneda, T., Pauly, T. Haase, C., Ram, N., **Kolodziejczak, K.**, Madden, K., Ashe, M., Gerstorf, D., & Hoppmann, C. (2024, June). Does shared positivity in daily life predict cortisol output in older couples? In **K. Kolodziejczak & C. Wrzus (Chairs)**, *Social interactions and the individual development and health in adulthood*. Symposium conducted at the SAA 2024 Conference, Ann Arbor, MI.
- Kolodziejczak, K.**, Drewelies, J., Pauly, T., Ram, N., Hoppmann, C., & Gerstorf, D. (2022, Nov.). Physical intimacy in daily lives of older romantic couples: Links with momentary affect and daily cortisol levels. In **Pauly T. & K. Kolodziejczak (Chairs)**, *Insights into health-relevant interpersonal dynamics in aging couples from the lab and daily life*. Symposium conducted at the Gerontological Society of America (GSA) 2022 Annual Scientific Meeting, Indianapolis, IN. <https://doi.org/10.1093/geroni/igac059.730>
- Pauly, T., **Kolodziejczak, K.**, Drewelies, J., Ashe, M., Madden, K., Ram, N., Gerstorf, D., & Hoppmann, C. (2022, Nov.). “What’s yours is mine”: A dyadic study of everyday emotional experiences and cortisol in older couples. In **Pauly T. & K. Kolodziejczak (Chairs)**, *Insights into health-relevant interpersonal dynamics in aging couples from the lab and daily life*. Symposium conducted at the GSA 2022 Annual Scientific Meeting, Indianapolis, IN. <https://doi.org/10.1093/geroni/igac059.731>
- Pauly, T., **Kolodziejczak, K.**, Drewelies, J., Gerstorf, D., Ram, N., Hoppmann, C. (2021, July). Daily life associations between affect and cortisol in old age. In Pauly T. (Chair), *Feeling good, feeling bad: Biopsychosocial antecedents, correlates, and consequences of everyday affective states*. Symposium conducted at the SAA 2021 Conference, Zurich, Switzerland.
- Kolodziejczak, K.**, Drewelies, J., Deeg, D. J., Huisman, M., & Gerstorf, D. (2019, Nov.). Cohort differences in the importance of sexuality and evaluation of one’s sex life in late midlife. In **K. Kolodziejczak & D. Gerstorf (Chairs)**, *Facets of close, romantic, and intimate relationships in later life*. Symposium conducted at the GSA 2019 Annual Scientific Meeting, Austin, TX. <https://doi.org/10.1093/geroni/igz038.2919>
- Kolodziejczak, K.**, Rosada, A., Drewelies, J., Düzel, S., Eibich, P., Tegeler, Ch., Wagner, G. G., Beier, K. M., Ram, N., Demuth, I., Steinhagen-Thiessen, E., & Gerstorf, D. (2018, Nov.). Sexual activity and intimacy in old age. In **K. Kolodziejczak & D. Gerstorf (Chairs)**, *Stability and change in close social relationships from young adulthood into old age*. Symposium conducted at the GSA 2018 Annual Scientific Meeting, Boston, MA. <https://doi.org/10.1093/geroni/igy023.3234>
- Kolodziejczak, K.**, Rosada, A., Drewelies, J., Düzel, S., Eibich, P., Tegeler, Ch., Wagner, G. G., Beier, K. M., Ram, N., Demuth, I., Steinhagen-Thiessen, E., & Gerstorf, D. (2018, Sep.). (Wunsch nach) sexueller Aktivität und Intimität im Alter [(Wish for) sexual activity and intimacy in old age]. In **K. Kolodziejczak & D. Gerstorf (Chairs)**, *Stabilität und Veränderungen enger sozialer und intimer Beziehungen im mittleren und höheren Erwachsenenalter [Stability and change in close social*

## PAPER & POSTER PRESENTATIONS

- Wilhelm, L. O., **Kolodziejczak-Krupp, K.**, Diering, L.-E., Knoll, N., Schmidt, H., & Fleig, L. (2025, Aug.). *Leisure-time physical activity in daily life: The role of social support, affect, self-efficacy, and planning*. Paper presented at the EHPS 2025 Conference in Groningen, The Netherlands.
- Diering, L.-E., **Kolodziejczak-Krupp, K.**, Zipper, V., Wilhelm, L. O., Wilz, S., Morbitzer, C., Stein, C., & Fleig, L. (2025, Aug.). *Leisure-time physical activity in daily life: The role of social support, affect, self-efficacy, and planning*. Paper presented at the EHPS 2025 Conference in Groningen, The Netherlands.
- Wilhelm, L. O., **Kolodziejczak-Krupp, K.**, Diering, L.-E., Knoll, N., Schmidt, H., & Fleig, L. (2025, June). *Received social support for leisure-time physical activity from different life domains: An ambulatory assessment study*. Poster presented at the Innovations in Interpersonal Relationships and Health Research (IRH) 2025 Conference in Zurich, Switzerland.  
<https://doi.org/10.17605/OSF.IO/QTC9F>
- Kolodziejczak-Krupp, K.**, Wilhelm, L., Diering, L.-E., Zipper, V., Maas, J., Schäfer, T., Pumberger, M., Schmidt, H., Stein, C., & Fleig, L. (2025, May). *Towards a resource-oriented approach to chronic low back pain: The role of pain self-efficacy for pain intensity and back health*. Poster presented at the SAA 2025 Conference in Leuven, Belgium.
- Diering, L.-E., **Kolodziejczak-Krupp, K.**, Zipper, V., Wilhelm, L. O., Wilz, S., Morbitzer, C., Stein, C., & Fleig, L. (2025, April). *Aus gutem Grund bewegt: Analyse zeitlicher Dynamiken der Zusammenhänge zwischen körperlicher Aktivität in der Freizeit, bewegungsbezogener Selbstwirksamkeit und Stress im Alltag*. Poster presented at the Deutscher Psychotherapie Kongress (DPK) in Berlin, Germany.
- Diering, L.-E., Thiel, L., **Kolodziejczak, K.**, Reschke, A., Wilhelm, L. O., Zipper, V., Stein, C., & Fleig, L. (2024, June). *Dank Bewegung weniger gestresst? Zusammenhänge auf inter- und intraindividuelle Ebene zwischen bewegungsbezogener Selbstwirksamkeit, problemorientierten Bewältigungsressourcen und Stress – Eine Ambulante Assessment Studie*. Poster presented at the DPK Congress in Berlin, Germany.
- Kolodziejczak, K.**, Lederle, N., Wilhelm, L. O., Thiel, L., Zipper, V., Stein, C., & Fleig, L. (2023, Sep.). *Leaving the laboratory: Daily life dynamics between physical activity and low back pain*. Poster presented at the European Health Psychology Society (EHPS) 2023 Conference in Bremen, Germany.
- Kolodziejczak, K.**, Wilhelm, L. O., Lederle, N., Thiel, L., Zipper, V., Stein, C., & Fleig, L. (2023, June). *Back health in everyday life: Investigating the interplay of cognitions, emotions and sensor-based, daily life physical activity, among individuals with and without low back pain*. Poster presented at the SAA 2023 Conference in Amsterdam, The Netherlands.
- Luo, M., Weber, E., Pauly, T., **Kolodziejczak, K.**, Gerstorf, D., Ram, N., Hoppmann, C. A., Hülür, G., & Christina Röcke (2023, June). *Leisure activity and working memory in older age: The mediating role of affective states and salivary cortisol*. Paper presented at the SAA 2023 Conference in Amsterdam, The Netherlands.
- Lücke, A. J., Wrzus, C., Gerstorf, D., Kunzmann, U., Katzorreck, M., **Kolodziejczak, K.**, Ram, N., Hoppmann, C. A., & Schilling, O. (2023, June). *Sleep quality, stress, and affect – bidirectional associations in older adults' daily lives*. Paper presented at the SAA 2023 Conference in Amsterdam, The Netherlands.
- Thiel, L., Kopka, M., Stein, Ch., Wilhelm, L. O., **Kolodziejczak, K.**, Zipper, V., Fleig, L. (2023, May). *Efficacy and mechanisms of mHealth interventions for the prevention and treatment of low*

back pain: Work-in-progress of a systematic review and content coding for behavior change techniques. Poster presented at the Deutscher Psychotherapie Kongress in Berlin, Germany.

Kura, M.-C., Müller, S., Drewelies, J., **Kolodziejczak, K.**, Hoppmann, C., Ram, N., Gerstorf, D., & Wagner, J. (2022, Sep.). *Interpersonale Effekte von „gesundem Neurotizismus“ auf partnerschaftliche Unterstützung im Lebensalltag älterer Paare [Interpersonal effects of “healthy neuroticism” on partner support in the daily lives of older couples]*. Poster presented at the DGPs 2022 Congress in Hildesheim, Germany.

Lücke, A. J., Wrzus, C., Gerstorf, D., Kunzmann, U., Katzorreck, M. **Kolodziejczak, K.**, Ram, N., Hoppmann, C., & Schilling, O. (2022, Sep.). *Better sleep – less stress? Bidirectional links between sleep quality, negative affect, and stress reactivity in older adults' daily lives*. Poster presented at the DGPs 2022 Congress in Hildesheim, Germany.

Pauly, T., Drewelies, J., **Kolodziejczak, K.**, Katzorreck, M., Lücke, A. J., Schilling, O., Kunzmann, U., Wahl, H.-W., Ram, N., Gerstorf, D., Hoppmann, C. (2021, Nov.). *Discrete affective states, cortisol, and self-rated health in old age*. Paper presented at the GSA 2021 Annual Scientific Meeting, online. <https://doi.org/10.1093/geroni/igab046.2201>

Pauly, T., **Kolodziejczak, K.**, Drewelies, J., Gerstorf, D., Ram, N., Hoppmann, C. (2020, Nov.). *Political context is associated with extent of everyday physiological synchrony in older couples*. Paper presented at the GSA 2021 Annual Scientific Meeting, online. <https://doi.org/10.1093/geroni/igaa057.3393>

Harpeng, N., Müller, S., **Kolodziejczak, K.**, Gerstorf, D., & Wagner, J. (2019, Sep.). *Self-esteem reactivity in the context of social interactions: The role of psychosocial, physical, and cognitive resources*. Poster presented at the Personality and Psychological Assessment (DPPD) 2019 Conference in Dresden, Germany.

Beiser, L., Müller, S., Drewelies, J., **Kolodziejczak, K.**, Gerstorf, D., & Wagner, J. (2019, Sep.). *Who should I spend my time with? Type of interaction partner and neuroticism on self-esteem reactivity in daily social interactions*. Poster presented at the DPPD 2019 Conference in Dresden, Germany.

**Kolodziejczak, K.**, & Puszyk M. (2017, May). *Promotion of sexual health: Between sexual education and sexualization – the example of Poland*. Paper presented at the World Association for Sexual Health (WAS) 2017 Congress in Prague, Czech Republic. <https://doi.org/10.1016/j.jsxm.2017.04.406>

**Kolodziejczak, K.** (2015, Dec.). *Current state of sexual education in Poland*. Paper presented at the Deutsche Gesellschaft für Geschlechtererziehung (DGG) e.V. Bonn 2015 Annual Meeting in Landau (Pfalz), Germany.

**Kolodziejczak, K.** (2014, Feb.). *Traditional gender ideology in modern context: Does acceptance or rejection of traditional gender roles predict well-being and self-efficacy in women?* Paper presented at the conference Young Adults in the Changing World in Poznan, Poland.

**Kolodziejczak, K.**, & Witkoś, M. (2013, Dec.). *Legal basis for sexual education in primary schools in Poland*. Paper presented at the conference Sexual Education – Current State – Conditions – Good Practice in Warsaw, Poland.

**Kolodziejczak, K.** (2013, May). *Characteristics of effective sexual education programs*. Poster presented at the conference Human Sexuality across the Lifespan in Cracow, Poland.

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## ACADEMIC EXPERIENCE

### Teaching

- Sexuality and health (8 x BSc **guest lecture** at the MSB Medical School Berlin, Germany in winter terms 2023/24 and 2024/25 and summer terms 2024 and 2025)
- Psychological aspects of sexuality

(MA **lecture and seminar series** at the MSB Medical School Berlin, Germany in winter term 2022/23)

- Adult romantic relationships from a lifespan perspective (2 x BSc **seminar series** at the Humboldt-Universität zu Berlin, Germany in summer term 2020 and winter term 2021/22)
- Sexual development across the lifespan (2 x BSc **seminar series** at the Humboldt-Universität zu Berlin, Germany in summer terms 2018 and 2019)
- Developmental and educational psychology (4 x BSc **seminar series** at the Humboldt-Universität zu Berlin, Germany in winter terms 2017/18, 2018/19 and 2019/20)
- Sexual development across the lifespan (4 x MSc **guest lectures** at the Humboldt-Universität zu Berlin, Germany given in 2018, 2019, 2020 and 2021)

## DFG project management

- **Coordination of the study** "Physical Activity and Psychosocial Characteristic of Asymptomatic Subjects and Low Back Pain Patients in Real Life" at the Medical School Berlin. **Funded by the German Research Foundation (DFG):** <https://gepris.dfg.de/gepris/projekt/464457710>
- **Coordination of the study** "Dynamics of Adaptation in Very Old Age: Within-Person and Across-Partner Processes in the Daily Lives of Couples" at the Humboldt University Berlin. **Funded by the German Research Foundation (DFG):** <https://gepris.dfg.de/gepris/projekt/282956531>

## Supervision of Bachelor's and Master's theses (selection)

- The relationship between gender stereotypes and pain perception: An investigation of gender-specific differences in Germany (Master's thesis, Sporkman, L., 2025)
- Leisure time physical activity among people with depressive symptoms: A matter of self-regulation? (Bachelor's thesis, Morbitzer, C., 2025; data from the **Berlin Back Study**)
- Associations between age, gender and attitudes toward gender roles and alcohol consumption among German students (Bachelor's thesis, Hoffmeier, L.-J., 2024)
- Relationship satisfaction among fathers of newborns (Bachelor's thesis, Krufft, H., 2020; data from the **Panel Analysis of Intimate Relationships and Family Dynamics, pairfam**)
- Associations between self-esteem and sexual functioning in post-menopausal women (Master's thesis, Eichmann, L., 2020; data from the **Midlife in the United States, a National Longitudinal Study of Health and Well-Being, MIDUS**)
- The relationship between attitudes towards sexuality and the frequency of masturbation in old age (Bachelor's thesis, Hanisch, J., 2020; data from the **English Longitudinal Study of Ageing, ELSA**)
- Stress shared is stress halved? Associations between dyadic coping and within-couple similarities in feeling overwhelmed (Bachelor's thesis, Kaminsky, L., 2020; data from the **SOEP Couple Dynamics** study)
- Associations between relationship duration, relationship quality and similarities in daily cortisol levels between partners in older couples (Bachelor's thesis, Eberstein, M., 2019; data from the **Berlin Couple Dynamics** study)
- The relationship between partnership status and loneliness in older adults (Bachelor's thesis, Nothdurfter, D., 2018; data from the **German Socio-Economic Panel, SOEP**)

## University self-administration

- **Women's Commission**, Institute of Psychology, Humboldt-Universität zu Berlin (April 2018 to April 2022)
- **PhD Student Representative**, Institute of Psychology, Humboldt-Universität zu Berlin (Jan. to Aug. 2020)

## TRAININGS

- **Hidden Markov models** (methods) workshop by Emmeke Aarts, Utrecht University, the Netherlands at the SAA 2025 Conference in Leuven, Belgium (2025)
- **Multilevel models for longitudinal data** (methods) online workshop by Daniel J. Bauer & Patrick J. Curran (2025)
- **Career coaching** for female researchers (soft-skills) by Beate Scholz at the Berlin Institute of Health, Charité – Universitätsmedizin Berlin, Germany (2025 and 2024)
- **Acquiring third party funding** workshop by MSH Medical School Hamburg and CENE, Germany (2024)
- **mPath** (software) workshop by Merijn Mestdagh & Egon Dejonckheere, KU Leuven, Belgium at the SAA 2024 Conference in Ann Arbor, MI (2024)
- Application of the **Shiny app in R** (software) workshop by Andreas Brandmaier at the MSB Medical School Berlin (2024)
- **Non-violent communication** (soft-skills) workshop by Mathias Hamann, Institut für Kommunikation und Gesellschaft Hamann&Kirchner GbR at the MSB Medical School Berlin (2024)
- Addressing **diversity in health research** (topic) workshop by Turu Stadler, Charité – Universitätsmedizin Berlin, Germany at the EHPS 2023 Conference in Bremen, Germany (2023)
- **Power analysis for multilevel models in R** (methods and software) workshop by Ginette Lafit, Jordan Revol, Mihai A. Constantin, & Eva Ceulemans, KU Leuven, Belgium at the SAA 2023 Conference in Amsterdam, The Netherlands (2023)
- Collecting data with **wearable devices** (methods) American Psychological Association (APA) training by Benjamin W. Nelson (2022)
- **Grant proposal writing** workshop by Sabine Preusse at Humboldt-Universität zu Berlin, Germany (2022)
- Using **Socio-Economic Panel (SOEP)** data workshop by David Richter, Sandra Bohmann, & Hans Walther Steinhauer at Deutsches Institut für Wirtschaftsforschung (DIW) Berlin, Germany (2022)
- **Job application for researchers** (soft-skills) training by Sabine Blackmore at Humboldt-Universität zu Berlin, Germany (2020)
- **Multilevel models for longitudinal data** (methods and software) workshop by Tanja Lischetzke & Charlotte Offenstein at RPTU Kaiserslautern-Landau, Germany (2018)

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## PUBLIC OUTREACH & MEDIA PRESENCE

TV & radio interviews	rbb radioeins “die Profis”, WDR 2 podcast „Sex lieben – Ohjaaa!“ <sup>1</sup> , MDR SACHSEN – Das Sachsenradio, Deutschlandfunk Kultur
Press interviews	Deutsche Presse-Agentur (dpa), WELT AM SONNTAG <sup>2</sup> , Berliner Morgenpost <sup>3</sup> , Tagesspiegel <sup>4</sup> , and more
Events	Urania Berlin <sup>5</sup> , Lange Nacht der Wissenschaften <sup>6</sup>
Press articles	Psychology Today <sup>7</sup> , Deutsches Ärzteblatt <sup>8</sup> , ZEIT ONLINE <sup>9</sup> , and 100+ more

<sup>1</sup>Sex im Alltag: Wo bleibt die sexuelle Lust? (Ab Min. 24:16) <https://www.ardmediathek.de/video/ohjaaa-sex-lieben/folge-5-sex-im-alltag-wo-bleibt-die-sexuelle-lust-s03-e05/wdr/y3JpZDovL3dkci5kZS9CZW0cmFnlTg1YjQ1OjFmLTQzZmYlNGI3OC1iYWwJLTA0OTQ2NTIwYTRhNg>

<sup>2</sup>Warum erwarten wir immer noch, dass ältere Menschen asexuell sind? <https://www.welt.de/icon/partnerschaft/article204185474/Warum-erwarten-wir-immer-noch-dass-aeltere-Menschen-asexuell-sind.html>

<sup>3</sup>Psychologin: Ältere Paare wünschen sich Körperkontakt <https://www.morgenpost.de/berlin/article235087163/Psychologin-Aeltere-Paare-wuenschen-sich-Koerperkontakt.html>

<sup>4</sup>Sex im Alter: Die Intimität wird ausgesprochen vielfältig <https://www.tagesspiegel.de/wissen/sex-im-alter-die-intimitaet-wird-ausgesprochen-vielfaellig-8601397.html>

<sup>5</sup>WELT-Veranstaltungssreihe Sex Education: Alt, aber verliebt <https://www.uranias.de/alt-aber-verliebt>

<sup>6</sup><https://www.medicalschool-berlin.de/news-detail/rueckengesundheit-team-gesundheitspsychologie-und-verhaltensmedizin-auf-der-langen-nacht-der-wissenschaften-2024/>

<sup>7</sup>Sex in the senior years <https://www.psychologytoday.com/us/blog/talking-gpes/201908/sex-in-the-senior-years>

<sup>8</sup>Ältere Paare: Mehr Wohlbefinden mit körperlicher Nähe <https://www.aerzteblatt.de/nachrichten/133258/Aeltere-Paare-Mehr-Wohlbefinden-mit-koerperlicher-Naehetf=1c63696d1815c594ad9280279d74f0b6>

<sup>9</sup>Studie: Sex reizt bis ins hohe Alter [https://www.zeit.de/news/2019-05/17/studie-sex-reizt-bis-ins-hohe-alter-190517-99-255343?utm\\_referrer=https%3A%2F%2Fwww.google.com](https://www.zeit.de/news/2019-05/17/studie-sex-reizt-bis-ins-hohe-alter-190517-99-255343?utm_referrer=https%3A%2F%2Fwww.google.com)